

Important!

Spring MOVE! Schedule for Weight Management Group Visits 2010 Bend

2115 NE Wyatt Ct., Suite 201
Bend, OR 97701

If you have questions about the MOVE! Program you can contact us at (503) 220-3482 or
or <http://www.visn20.med.va.gov/portland/MC/Move/Index.asp>

Class Date	Class Title	Description	Tuesdays	Notes
<u>March 2010</u> Tues 3/2	What is in your food?	Nutrition	1pm to 2:30pm Conference Room	<u>Bend Contacts</u> Chris Keller 541-647-5200
Tues 3/9	Introduction to the Benefits of Exercise	Physical Activity	1pm to 2:30pm Conference Room	Deb Vinson 541-647-5200
Tues 3/16	Trim the Fat	Behavior	1pm to 2:30pm Conference Room	
<u>April 2010</u> Tues 4/6	Trim the Fat	Nutrition	1pm to 2:30pm Conference Room	
Tues 4/13	Strength, Balance and Flexibility	Top Secret	1pm to 2:30pm Conference Room	
Tues 4/20	Handling and Reducing Stress	Behavior	1pm to 2:30pm Conference Room	
<u>May 2010</u> Tues 5/4	Sweets, Snacks and Hydration	Nutrition	1pm to 2:30pm Conference Room	
Tues 5/11	Wild Card??	Top Secret	1pm to 2:30pm Conference Room	
Tues 5/18	Self-Control and Impulse Control	Behavior	1pm to 2:30pm Conference Room	

Bend CBOC's Spring 2010 Schedule